

Health Services offers a word of warning during flu season

By Shari M. Carew
Staff Writer

With the progression of fall and the nearing of winter, students will be entering the peak seasonal period for the flu, other viral infections and upper respiratory infections including bronchitis and strep throat.

The flu is a contagious respiratory illness caused by influenza viruses; bronchitis is caused by the inflammation of the main air passage ways; and strep throat is an infection caused by bacteria of streptococcus. All are treatable, but if neglected can be highly contagious and detrimental to health.

7,000 of the visits to Salisbury University's Health Services a year are patients with upper respiratory infections and viral illnesses, according to Health Services Director Jennifer Berkman.

Health Services provides a Self Care Cold Center so students may treat many symptoms of the common cold.

"We have over the counter medications that are free. Taking advantage of offered services at the cold center are really important precautions," Berkman said, "because we can't necessarily treat everything with antibiotics, your best bet is precaution. We can medicate the symptoms."

The Self Care center includes treatment for cold, flu, canker-sores, sore throats and many other ailments. Students are encouraged to take action this season.

"As a respiratory therapy student and someone who repeatedly gets sick every winter, I have learned that the best way in preventing illness is to wash my hands," said senior Oladiya Morrison.

Smokers and those who consume a large amount of alcohol are at a higher risk of acquiring viral illnesses and upper respiratory infections.

"They get sicker quicker and stay sicker longer," Berkman said. "I'm concerned with the level of smoking and drinking students do that don't realize it really weakens the immune system. More illnesses are linked to these. If we can get a handle on these things we'll be in good shape."

Symptoms such as fever, chills and body aches that seem different from a common cold and last more than two or three days are indicators that an appointment should be made with Health Services.

SU's Health Services is not responsible for excuse notes pertaining to illness. Berkman stresses the importance of having open communication with professors and not abusing the attendance policy.

With the approaching of finals, the health of the campus is vital to a prosperous semester end and a healthy beginning to spring semester. There is safety in precautions.

- Plenty of Sleep
- Eating well (fruits and vegetables, yogurts, cottage cheese etc.)
- Stay away from sick people ; stay away from people if you are sick
- Frequent hand washing, traveling with hand sanitizer (in purse, in car)
- Limit alcohol and drug intake
- DO NOT Smoke

Gandhi shares insight on violence and terrorism at SU

By Sara Sutton
Staff writer

On Monday, Nov. 12, at 7 p.m., Holloway Hall Auditorium saw a packed crowd as nearly 700 individuals waited patiently for the Conflict Resolution Scholar in Residence, Dr. Arun Gandhi, grandson of Mahatma Gandhi, to give his final class lecture.

The lecture, titled "Nonviolence in the Age of Terrorism," is a part of the "One Person Can Make a Difference," lecture series and was a continuation of the CADR 490 course "Gandhi on Personal Leadership and Nonviolence," in which Dr. Gandhi and Dr. Brian Polkinghorn, director of the Conflict Analysis and Dispute Resolution (CADR) Department, co-taught.

The night started with a moving film highlighting previous "One Person Can Make a Difference," lecturers and how Mahatma Gandhi had personally affected them and their works. The film was accompanied by a vocal performance by John Wesley Wright of the music department at SU.

Dr. Gandhi covered many topics on the principles of nonviolence and how to apply them to current situations, like the war in Iraq, saying it was a "very



Leslie Pusey photo
CADR 490 presented a generous donation to Dr. Gandhi for the Sunanda Gandhi Memorial School in India

short sighted foreign policy." Dr. Gandhi also explained how the U.S. has divided the nations between us and them. From this he stressed how the U.S. needs to join the community of the world instead of viewing itself as a superpower.

"Our security is linked to the security of the world and our destiny is linked to the destiny of the world," Gandhi said.

Through his lectures and the class he taught at Salisbury University, Dr. Gandhi stresses that "nonviolence is the only way we are going to save humanity and save this world," and that "non-violence emerges from love and understanding. We can't practice if we are

filled with hate."

"You are the future, that's why I spend my time going out to universities and colleges. You can make a change," he told his students and others at the lecture.

"The students in CADR 490, 'Gandhi on Personal Leadership and Nonviolence,' impressed him greatly," Dr. Polkinghorn said. "The students completely embraced the man and his ideas and took his many lessons and created a series of highly sophisticated understandings on his grandfather's philosophy and way of life. For Dr. Gandhi and I, that was the clue that we accomplished the mission."

Senior Randon Ryland agreed completely. "Gandhi has changed the way I look at myself; he has changed my character."

"What Arun can do in two hours with the students I couldn't get accomplished in two years," Polkinghorn said.

During his lecture, Dr. Gandhi told a powerful story of his grandfather and what he felt were the seven key things that cause all the violence in the world. "And if you can devote your life to changing these seven blunders, into seven

wonders, then your life would have been worth living," Dr. Gandhi explained.

The seven blunders are "wealth without work, pleasure without conscience, knowledge without character, commerce without morality, science without humanity, worship without sacrifice, politics without principles, and I added the eighth one more recently. And that is rights without responsibilities," Gandhi said.

"If students today work on these issues then the world will certainly be much better than us older folks have made it," Dr. Polkinghorn said.

Budget cuts may put Conflict Analysis and Dispute Resolution master's program on hold

By Katelyn Johnson
Staff Writer

Salisbury University's plan to create a new Master of the Arts program in conflict analysis and dispute resolution may have to be put on hold until the budget dispute in Annapolis is cleared up. The program was originally slated to begin fall of 2008, but waiting for the news concerning budget cuts could push the date back.

"That's okay though. It gives us one more year to hone the curriculum and get materials together and make the program as polished as possible," said Dr. Brian Polkinghorn, director of the Conflict Analysis and Dispute Resolution (CADR) Department.

Research for a master's program began way back in 1995 with an extensive look at the 95 other programs of its kind currently existing throughout the country. Studying their curriculums as well as their focuses and strengths gave the SU staff enough information to begin their own endeavor as well as put together a massive report due out next semester.

The program has already been completely approved by all the necessary people and committees on all levels.

The current bachelors program existing at SU as been intact for only five years but has already garnered the reputation as a program of distinction. Currently, about 50 students are involved in the program.

"About half go on to graduate



Telecia Taylor photo

The Center for Conflict Resolution, located on Camden Ave., serves as a "teaching hospital" for CADR majors.

school, very prestigious schools such as Duke and Johns Hopkins," Polkinghorn said. The other half have opportunities in occupations such as school counselors and police officers specializing in conflict prevention.

"The Master of Arts in conflict analysis and dispute resolution is a new program that addresses the growing need for highly skilled conflict resolution practitioners to work within judicial, governmental, social service and private sector systems.

This is a quickly growing field, with governments and corporations increasingly using mediation and

other conflict resolution processes in their day-to-day operations," according to the SU Web site.

"We've had students applying for the program from Japan, Nepal, Morocco. We'll probably choose 12 students but we have a great pool to choose from," Polkinghorn said.

A master's program would entail two extra years, 36 credits and could be attained by students with an undergraduate major. According to the Web site, "Courses for this program are taught in a cohort, over two years and are offered primarily in the evenings. The program is closely integrated with the Center

for Conflict Resolution, which functions as a 'teaching hospital,' offering extensive opportunities for students to get involved in both research and practice."

The Center for Conflict Resolution, located off of Camden Avenue, is a non profit venture described by Polkinghorn as a "highly unique" opportunity for both undergraduate and graduate students to get the field practice they need.

According to their Web site, "The mission of the Center for Conflict Resolution is to foster peace building through the teaching and training of both conflict analysis techniques and conflict process skills. This requires the careful study of conflict process dynamics, introspection and practice, all of which prepares an individual to effectively promote and foster nonviolent, collaborative and peaceful ways to resolve conflicts."

This innovative tool that provides both hands on and research opportunities has garnered attention from various vice presidents and deans of other schools in the University of Maryland system.

Even with all the work already put into developing a master's program, Polkinghorn does not necessarily think it's a bad thing that the degree must be put on hold.

"We don't want students going through the program with us having to make adjustments along the way. We want everything to be completely ready," Polkinghorn said.

The search is on for new Dean of Fulton

By Alex Ruoff
Staff Writer

The Fulton School of liberal arts gave students a chance to meet and evaluate the nominees competing for the position of dean by holding open interviews with the candidates last week.

"We're looking for someone with a strong academic background and administrative experience," said Dr. Thomas Jones, Provost and Vice President of Academic Affairs. "The program needs an administrator capable of handling the whole school."

Jones was the previous dean of the Fulton School, but replaced Kenneth Perry as provost last year. Perry currently holds a position at Virginia Wesleyan College.

Open interviews were held throughout the week, beginning on Tuesday with Dr. Connie Richards, the associate Dean of the Fulton School and current interim dean. Jacqueline McGlade, associate Professor of History at Penn State Shenango was at SU on Thursday.

The interview on Monday, Nov.



Sarah Wright photo

19, with Dr. H.N. Hirsch has been cancelled.

Dr. D'Ann Campbell's open interview is scheduled for Monday, December 3 from 3-4 p.m. in the Caruthers Auditorium. Campbell teaches Politics and Comparative American Studies at Oberlin College.

"The Fulton school is looking for diversity," Jones said. "Not in terms of race, because what we are looking for is someone who can bring a wide variety of options and benefits to the school. Diversity in the sense of bringing something original to our campus."

According to the SU Web site, the Dean of the Fulton School is the chief 'academic and administrative officer who oversees more than 150 full-time faculty members in 16 disciplines and close to 2000 degree seeking students.

"The Fulton Dean is a key component of the academic leadership team for the institution and is the visionary leader of the school," the official dean search advertisement said. "We are seeking a leader who has demonstrated excellent performance and leadership in academia and the arts who actively supports interdisciplinary collaboration between faculty and students and is strong committed to undergraduate research and teaching."

The official date of appointment is July 1, 2008.

TUESDAY 11/20/07	WEDNESDAY 11/21/07	THURSDAY 11/23/07	FRIDAY 11/24/07	SATURDAY 11/25/07	SUNDAY 11/26/07	MONDAY 11/27/07
HIGH 58	HIGH 65	HIGH 64	HIGH 49	HIGH 50	HIGH 53	HIGH 56
AM CLOUDS PM SUN	PARTLY CLOUDY	MOSTLY CLOUDY	PARTLY SHOWERS	PARTLY SUNNY	PARTLY CLOUDY	SUNNY
LOW 47	LOW 52	LOW 39	LOW 31	LOW 37	LOW 42	LOW 42

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News briefs

University Forum

The University Forum will be held on Dec. 4, at 3:30 p.m. in Devilbiss Hall to discuss several issues on campus. During this meeting, plans for the new parking garage will be talked about as well as the President's Climate commitment. Also the issue of the Maryland state budget may also be discussed. All full- and part-time faculty, staff and students are welcome to attend.

Submit to NCUR

Some 2,500 of the nation's top undergraduate scholars come to Salisbury University for the 22nd National Conference on Undergraduate Research (NCUR) Thursday-Saturday, April 10-12. SU is accepting student abstract submissions for the conference through Saturday, Dec. 1. Each abstract should be 250-300 words long and include the title, discipline, and advisor's and student's names. Research does not have to be completed at the time the abstract is submitted. Registration expenses will be paid for SU students whose abstracts are accepted. Those accepted will be notified on Jan. 25. Conference officials are also seeking volunteers to assist during the event. For applications visit www.salisbury.edu/ncur22. For more information call 1-866-812-4277 or e-mail ncur22@salisbury.edu.

Commencement Volunteers

Volunteers are needed for commencement on Saturday, Dec. 15, to help with guest seating, programs and related duties. Volunteers report to the Civic Center at 10 a.m. and finish at the conclusion of the ceremony, estimated at 4:30 p.m. Interested students or staff should contact Tammy Gharbi at tgharbi@salisbury.edu.

In early Oct., a test of this system was conducted to discover how

Sea Gull Century offers \$25,000 in scholarships

By Chase Pettebone
Staff Writer

Nineteen years after the event's original conception in 1989, the annual Sea Gull Century continues to grow steadily. The event has even been heralded as one of the best century rides in the country by *Bicycling* magazine. Sea Gull now has the capabilities to branch out and give back to the Salisbury community. Recently, the Sea Gull Century has donated to groups such as Habitat for Humanity, Bicyclists of America and the Lymphoma Society. Last year, the Sea Gull Century announced the creation of the Sea Gull Century Scholarship.

"I just think it's great that the event has grown to the point where it's now large enough to allow an endowment opportunity to be given to students," Century Coordinator Amy Waters said. "Many of the participants of the Sea Gull Century are generous enough to donate to the event, which allows us to offer this scholarship, among the other foundations that the Sea Gull Century contributes to." Waters is currently one of the chairs for the Sea Gull Century, and will review the applicants personally. As the event continues in its 19th year of existence, they will continue to offer the Sea Gull Century scholarship. The scholarship will distribute \$5000 among up to five Salisbury students.

The scholarships will be awarded to deserving freshmen, sophomore, or transfer students that maintain a 3.0 GPA or higher as selected by the Sea Gull Century Scholarship Committee. The applicants must have been directly involved with or have participated in the Sea Gull Century event. Last year SU students Danielle Smith, Sarah Long, Jonathan Weikers and Ellen Williams were the recipients of the inaugural Sea Gull Century Scholarship. Applications for this year's scholarship must be turned in to Amy Waters in the SU Foundations Center by Dec. 3.



Sarah Wright photo

The Sea Gull Century Scholarship will award \$5000 to up to 5 deserving Salisbury University students.

Who's who in noise ordinance



Gary A. Comegys



Deborah S. Campbell



Louise Smith



Eugenie P. Shields



Terry E. Cohen

By Matthew J. Harhai
Staff Writer

On Aug. 27, the noise ordinance penalty clause was revised. The old penalty was a \$100 fine, increasing with each offense. The new penalty is a \$500 fine and/or 90 days in jail, a misdemeanor is issued to the violator on a first offense. Noise detectors aren't used by the police officers; they must use their discretion to determine what is loud. The noise ordinance code says quiet must be maintained between the hours of 11 p.m. and 7 a.m. It also states that noise levels must be at a reasonable level throughout the day. This part of the clause asserts there is a zero tolerance policy against noise, where a cop may issue a violation at any time of the day. Comegys claims that enforcement

Chargeable offenses can be caused by, but are not limited to, horns, signaling devices, radios, phonographs, loudspeakers, yelling, shouting, hooting, whistling or singing, animals or birds, exhausts and motor vehicles. The members on the council voted 3-2 in favor of the change, which was brought up by Police Chief Allen Webster. Council President Louise Smith voted for the penalty clause revision and was unavailable for interview. Gary A. Comegys, the council vice president, also voted for the penalty clause revision. Comegys stated he can't imagine a police officer filing a noise ordinance violation outside the time frame of 11 p.m. and 7 a.m., and being an issue in court. Comegys claims that enforcement

was difficult with the older penalty clause. He said people would accept the \$100, and continue going about their business. Comegys believes the old penalty did not discourage people from producing noise. "We had no place to enforce the law, and now we do. The penalties are a worst case scenario," Comegys said. "In 1978 when they passed the noise ordinance it was a misdemeanor, and the fines and the penalties were the same as they are today," Comegys said. Councilwoman Deborah S. Campbell voted against the penalty clause revision. She believes that the noise ordinance does not accomplish what the city council set out to accomplish because it is not objective to what exactly constitutes being loud. Also, Campbell disagrees with the

noise ordinance because it indiscriminately covers all types of sounds. "It was my position that we didn't want to make that less enforceable. It was also my position that while I, as much or more than anyone, believe in one's right to the quiet enjoyment of their home," Campbell said. Campbell wants to eliminate the objectivity of police discretion by using noise meters like Fruitland does. Another councilwoman who voted against change was Terry E. Cohen. "We want it to be fair. I do want peace and the quality enjoyment of people's homes," Cohen said. Eugenie (Shanie) P. Shields was the first member of the council who voted for the noise ordinance change. She did not respond to interview requests.

Crime beat

11/08/07
4:05 p.m.-4:49 p.m.
Trespassing
University Police responded to Holloway Hall for a disorderly subject. Officers identified a non-student subject, who had previously been issued a "No Trespass Letter". The subject was arrested for Trespassing.

11/08/07
6:30 p.m.-7:30 p.m.
Theft
A student reported that a backpack was stolen from the first floor area in Maggs Gym. The backpack had been left unattended.

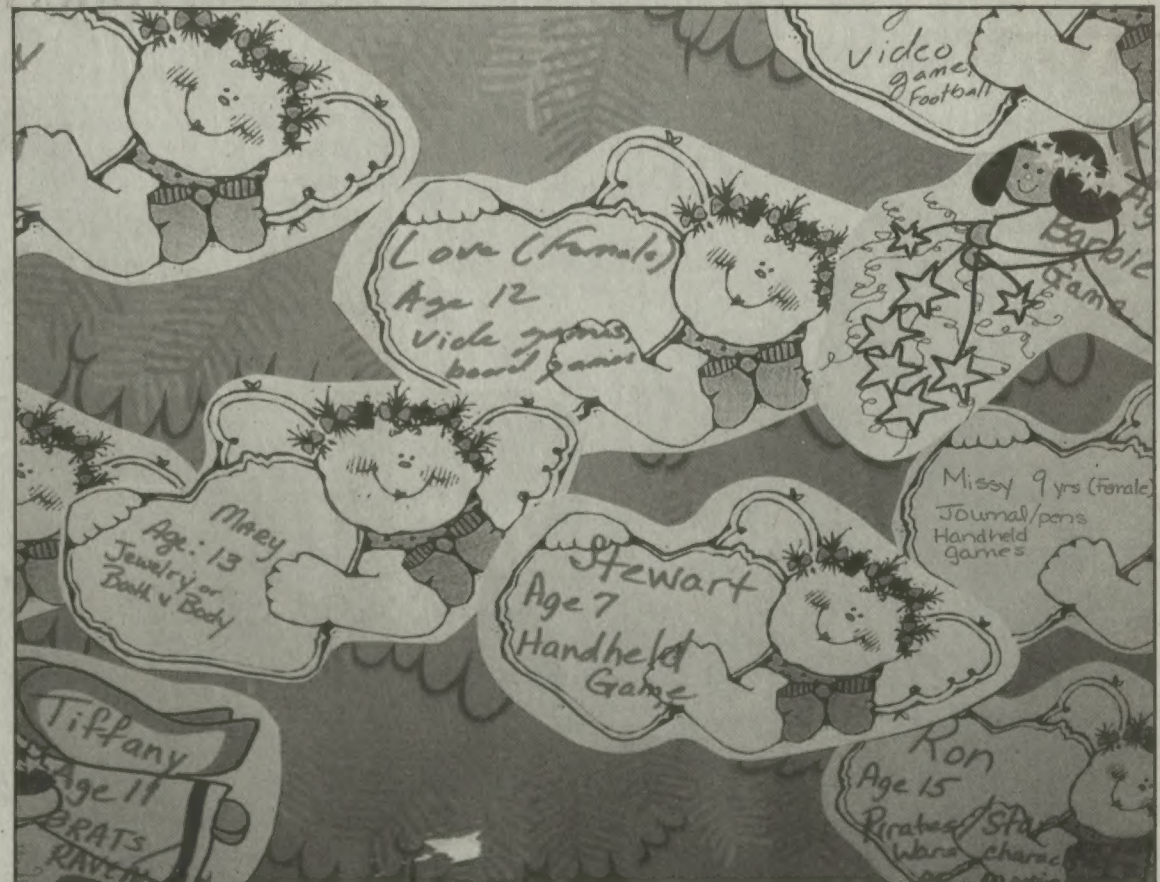
11/10/07
11:40 a.m.-12:15 p.m.
Disorderly Conduct
University Police removed a student from the Athletic Complex for disorderly conduct.

11/12/07
12:15 a.m.-12:35 a.m.
Recovered Property
An employee found suspected CDS in Devilbiss Hall.

11/12/07
5:48 p.m.
Recovered Property
An iPod that was stolen from the East Campus Complex in April was recovered in Maggs Gym. Criminal charges pending.

11/13/07-11/14/07
2:30 p.m.-8:00 a.m.
Malicious Destruction
University Police discovered the lawn at the Shoreland Freerzer property was damaged by an unknown vehicle.

ShoreCAN helps to provide for less fortunate this holiday season



Sarah Wright photo

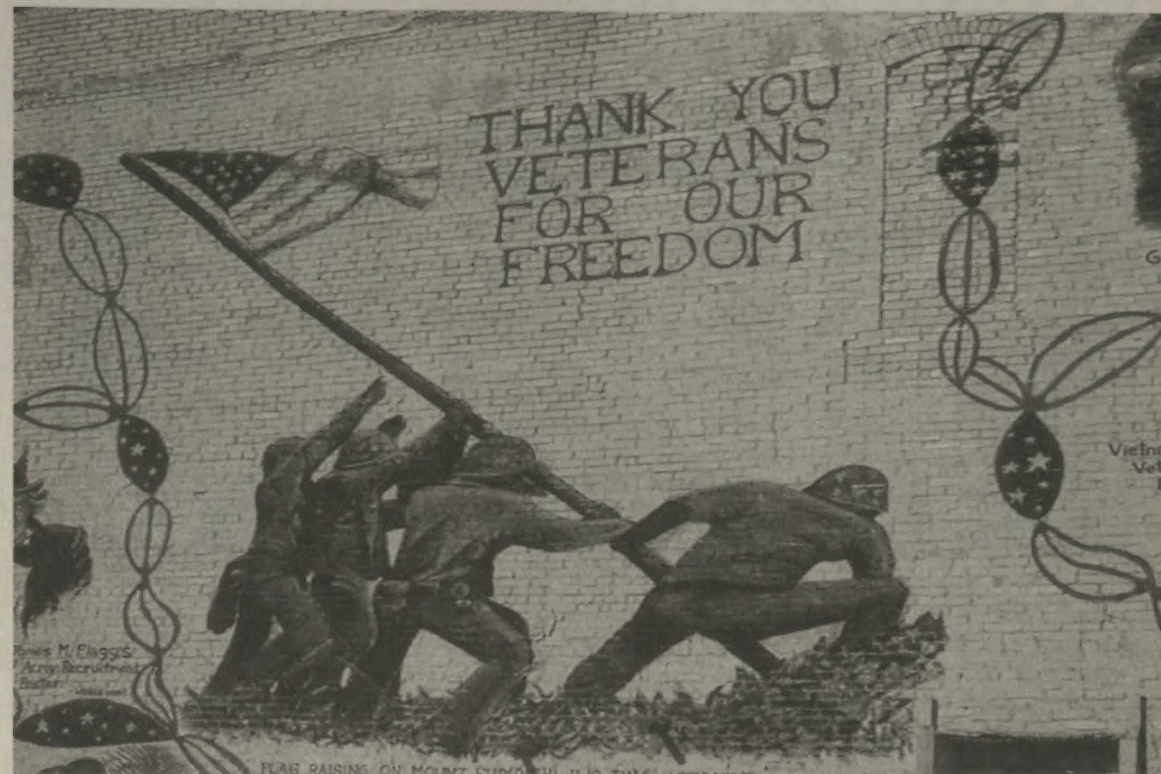
This tree, sponsored by the SU Social Work Program, hangs outside of the OS&O&L office. It is just one of the various holiday charity events that are being implemented at SU this year. By Jennifer Garrison
Staff Writer

The ShoreCAN Volunteer Center is supporting those in the community who are less fortunate this holiday season with two campaigns: "Angels Supporting Angels" Holiday Gift Campaign and the "Help the Young and the Old Stay Warm in the Cold" Volunteer Campaign. "We need partnerships between members of the community and community organizations and are hoping these programs will open doors to those connections," said Mike Piorunski, director of ShoreCAN. The "Angels Supporting Angels" campaign is designed to help those in the community who are less fortunate. The "Angels" of this project are the children served, from three different programs, as well as the community members and volunteers who participate.

The ShoreCAN Volunteer Center, with the support from the community, aims to provide gifts to over 150 children from different organizations. The name and age of each child included in the campaign, along with a gift suggestion will be written on a handcrafted angel. The angels will be displayed on the "Angel Tree" in the career services office on campus. Project SIT is an organization that serves youth with incarcerated parents. They are currently serving about 40 kids in the area. ShoreCAN is hosting the "Angels Supporting Angels" gala on Tuesday, Dec. 4, from 5 to 7 p.m. in Career Services. The kick-off gala will unveil the "Angel Tree" and recognize those who have volunteered for the Turkey Food Basket Drive and the "Help the Young and the Old Stay Warm in the Cold" campaign. "We are not only getting volunteers to serve the community, we are giving

them an opportunity to serve as well," Piorunski said. Volunteers will help to serve hot meals to the children at Salisbury Urban Ministries, and to the elderly community at Pine Bluff Village. They will serve at least 40 kids ranging from mostly elementary school age to some high school age youth as well said Piorunski. "The youth at Salisbury Urban Ministries need young people to look up to. They need a person to provide them with something different that holds their interest, is new and fresh. They need structure and someone to show them they are not forgotten," Piorunski said. If you would like to volunteer, contact the ShoreCAN Volunteer Center which is located in the Career Services office (GUC 133). ShoreCAN can be reached by phone 410-546-6015 and/or e-mail shorecan@gmail.com.

GLOBAL SPOTLIGHT Veteran's Day through eyes of American heroes



Internet photo

By Megan McCarthy
Ad Manager

Each day, as the sun edges its way over the horizon, Americans wake up to alarm clocks, grab their cups of coffee, slog off to work or school and maintain daily routines without once ever reflecting on who has preserved their way of life. Our newspapers are chock full of Veteran's Day sales ads; but what does the holiday truly mean? I asked this question to former soldiers that served in past wars. They spoke eloquently about their experiences; and a weekend of holiday shopping seems to trivialize the monumental sacrifices these veterans have made for our country. William Draize is a Korean War veteran who said war customarily took two to four years of young men's lives. "I can't say enough about the military. It is a part of

this country that should be heavily supported," he said. Draize has a strong sense of patriotism and believes the War on Terror needs to be fought until the end. "I think the generations of today are becoming true patriots and I thank God for that." Korean War veteran Jim Mulquin remembers arriving from overseas and not being allowed ashore because there were no customs inspectors on duty so late at night. A 65-year-old supervisor named George was working overtime so the soldiers could get home. "He starts walking in the dark and falls in a well. He broke his neck and died. Me and a few others wrapped him up in a sheet," Mulquin said. He stood by to make sure the man was treated with dignity. He appreciates the man's sacrifice to get him home. Another soldier who shares a

While in Korea, Mulquin realized what truly constitutes poverty. "I saw women in beautiful dresses wearing GI boots because that's all they had for shoes." He interviews soldiers for the Library of Congress. He hears their stories filled with tragedies of war-friends being injured or killed in the call of duty and knows they are a band of brothers. Mulquin reflects on the 9/11 attacks and thinks the War on Terrorism is exaggerated. "I think about those girls and guys jumping to their deaths. I lost two close friends in the South Tower," he said. Mulquin tries to maintain objectivity towards the war in Iraq but realizes it is still a war. "We support our troops because they are our sons and daughters; our neighbors."

Another soldier who shares a

similar perspective is Korean War veteran Dan Gargano. "I think we didn't grow up with a lot of the fear that we have today. We're doing the best we can to survive," he said. Gargano ponders the loss of 58,000 men and often wonders if it was worth the sacrifice. He believes that people can believe what they want because they were fighting to protect freedom of speech. Gargano explained that he did not really receive any support after coming home from Korea. It was called a "police action." He felt like nobody really cared. He recalls only one man who recognized his efforts. Going home on the train, this man identified him as a soldier in uniform and bought him dinner and thanked him. "Veteran's day is getting less notice. It seems that Halloween is talked about more," Gargano said.

Although WWII has long passed, we still have those who survived to talk about it. Our living history of WWII is becoming a rarity so it is a pleasure to capture what is left. Joe Rosick experienced the dangers of Japanese kamikazes and was stationed in Okinawa when the atomic bomb was dropped. Rosick was responsible for carrying supplies and escorting American Prisoners of War out of Nagasaki. "It was a pretty disturbing experience," he said. "They had been there several years and had nothing to eat but rice soup." "The POWs were just happy to get out of the camps. It gave me an empty feeling, a sick feeling, the condition they were in. You're sort of satisfied you're able to help them out," Rosick said. Rosick watched many of his comrades go down on other ships and was glad to only walk away with colon cancer. Recently, he met a disabled soldier at the Veteran's

hospital in Bethesda who spoke of having no regrets, even with his injuries. He thinks the anti-war protesters are misinformed. "They are living in this country because of the wars we were in, the preventative that have been taken to keep enemies out of this country," he said. Rosick believes that WWII was different from the War on Terror because everyone supported it. "It's an attitude that we had so much given to us that we wouldn't want to not do it." Vietnam veteran Joe Walpert was a crew chief in a helicopter that flew evacuation missions. "We got shot up. We got shot down. We lost our aircraft," he said. Walpert admits to feeling bitter for about four or five years but says that time heals things. He empathizes with the War on Terror because he considers it more like what his generation went through, more politicized. "The odd thing in my generation was either you joined or you got drafted. You could get a deferment if you joined the reserves. Now, you don't have a draft and all the reserves are being called up," he said.

Walpert does not regret what he did and admits to growing up the year he was there. "It was an experience I went through and I am proud." The next time an alarm clock goes off, the reminder will not be to just wake up and go to class. Remember who has maintained for Americans their everyday privileges. "If you have your freedom, thank a service member. They are the ones who keep us free. I always try to look back at history. If we don't then we are doomed to repeat it. If we don't, we are going to lose our freedom," Draize said.

HISTORY CORNER

NOVEMBER 20 1985. Microsoft Windows 1.0 is released.

NOVEMBER 21 1934. Ella Fitzgerald makes her singing debut at age 16 at the Apollo Theater in Harlem, New York.

NOVEMBER 22 1963. In Dallas, TX, US President John F. Kennedy is killed by assassin Lee Harvey Oswald.

NOVEMBER 23 1889. The first jukebox goes into operation at the Palais Royale Saloon in San Francisco.

NOVEMBER 24 1991. Freddie Mercury, lead singer of rock band Queen, dies of complications caused by AIDS.

NOVEMBER 25 1950. The "Storm of the Century", a violent snowstorm, paralyzes the northeastern United States and the Appalachians, bringing winds up to 100 mph and sub-zero temperatures.

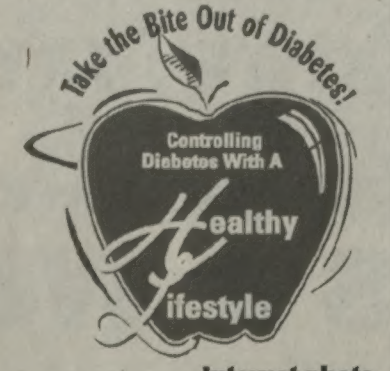
NOVEMBER 26 1917. The National Hockey League is formed.

ADA celebrates and promotes National Diabetes Month

By Emily Doss
Staff Writer

Diabetes affects millions of Americans everyday, whether you suffer from it yourself or know someone who is afflicted by it. The ADA (American Diabetes Association) is raising more awareness and information on this crippling disease throughout the month of November, during National Diabetes Month. There are four major types of diabetes: type 1, type 2, gestational, and pre-diabetes. No type of diabetes poses an elevated threat to your life, but diabetes does come with consequences. Previously known as juvenile diabetes, type 1 diabetes is found in about 5-10 percent of all diabetes cases, mostly in children and young adults. Occurring when the body fails to produce insulin, type 1 diabetes is generally treated by insulin injections, diet and physical exercise. Combined, those three things are used to help extend length and quality of life for people suffering from type 1 diabetes. Type 2 diabetes is the most diagnosed form of diabetes in America, and arises when the body does not produce enough insulin, or the cells ignore the insulin that is there. Typically, type 2 diabetes is treated very similar to type 1 diabetes, with most of the variations being on a case-by-case basis. Unlike type 1 diabetes, that occurs fairly evenly in all people, type 2 diabetes is found more often in African Americans, Latinos, Native Americans and Asians. Gestational diabetes is a type of diabetes that occurs only during pregnancy. The cause of gestational diabetes during pregnancy comes when the placenta produces hormones that allow the pregnancy to be sustained. However, those same

hormones make cells resistant to insulin. As the placenta grows during later months of pregnancy, the cells become more resistant, and the mother therefore develops what is known as gestational diabetes. For most women, doctors simply suggest a change in diet and exercise. However, in some cases, the mother may need to take an oral medication, glyburide, to help lower blood sugar. The final form of diabetes that over 54 million Americans are suffering from is what is known as "pre-diabetes." Pre-diabetes results from an elevated blood-sugar level that is not yet high enough to be classified as type 2 diabetes. It is important to understand that pre-diabetes does not have to become type-2 diabetes if you have a healthy life-style including a balanced diet and exercise. Those at risk for developing pre-diabetes include people who are overweight, inactive, older, those with a family history of diabetes and those women who have previously suffered from gestational diabetes.



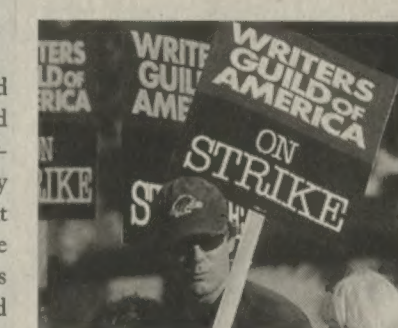
Internet photo

Diabetes is a growing problem in America, but it doesn't have to be for you. Consider a healthy diet along with working out a few times a week, and your chances of developing diabetes can be reduced. For more information on diabetes visit the American Diabetes website at: <http://www.diabetes.org/home.jsp>

Formal talks may end Writers Guild of America strike

By David Lapkoff
Staff Writer

The Writers Guild of America and the Alliance of Motion Picture and Television Producers are all to end formal talks Monday, Nov. 26, potentially putting an early end to the current strike. Although picketing will continue until formal talks are completed, this is good news as the strike was projected to continue well into 2008. The strike began Nov. 5 after a dispute over residuals for assorted "new media" arose. Writers wish to double their current base rate from 20 to 40 percent for DVDs and 1.2 to 2.5 percent for internet content. The WGA also wants a three-year contract that directly accompanies with the expiration of the Directors Guild of America contract. Effects of the strike could be felt immediately and will continue until a final resolution is found. Any program produced daily by union writers is currently in reruns, such as the late night talk shows of Jay Leno, David Letterman, and Jimmy Kimmel, Comedy Central's *Daily Show* and *Colbert Report* and the sketch comedy program *Saturday Night Live*. With production halted, several programs are doing what they can for the production crews who are unfortunately caught in the middle of the WGA and AMPPT war. David Letterman's production company, Worldwide Pants, will be covering the salaries of his and Craig Ferguson's staff for the next two weeks, with pay to continue on a sliding scale for the rest of the year. NBC's *Saturday Night Live* and *30 Rock* are performing special live renditions of last season's material in an effort to raise money for their respective production staff. The two shows, scheduled for Nov. 17 and 19 respectively at the Upright Citizens Brigade Theater, sold out almost instantly. If the strike continues much longer, many shows written in advance of filming will be affected and forced into shortened seasons. For example, NBC's *The Office* aired its last new episode Nov. 15. Exceptionally troubling is that the seventh and final season of *Scrubs* has completed only twelve of its planned sixteen episodes; so if the strike contin-



Internet photo

ues *Scrubs* will not receive a proper series finale. CBS' *Cy* programs are all to end prematurely, with Dec. 13 being the original last scheduled air date. ABC's *Grey's Anatomy* will air their last produced new episode Dec. 6, eleven weeks earlier than intended. *Law* has only produced eight of its sixteen planned episodes, but will begin airing in Feb. regardless of if the strike is resolved. In a similar predicament, Fox's *24* premiere is on indefinite hiatus until all of its episodes can be produced. All unscripted television, such as most game and reality shows, as well as news programs whose writers belong to a different union, will be unaffected by a prolonged strike. As such, networks are rushing to launch a slew of new shows from these genres in case the strike is not resolved, including revamped versions of game show classics *Password* and *American Gladiators*. Public support for the WGA has been strong. In a show of solidarity from the Screen Actor's Guild, much on screen talent has joined their writers in protesting the AMPPT. Extending beyond the realm of entertainment, presidential hopeful John Edwards joined WGA picketers outside NBC on Friday, joining fellow front-runners Barack Obama and Hillary Clinton in publicly supporting the WGA. Jay Leno has publicly refused to be the first to cross the picket line, prompting discussion of bringing back a strictly interview laden *Tonight Show* under guest hosts. "We want to protect the [non-writing] staff, who have been loyal to this show for decades, in the same way that Johnny Carson reluctantly returned without his writers in 1988," said Debbie Vickers, executive producer of *The Tonight Show*.

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"What if just knowing what a word meant could help feed hungry people around the world? Well, at FreeRice it does...the totals have grown exponentially." - The Washington Post

weekly Bushism

"All I can tell you is when the governor calls, I answer his phone."

--George W. Bush, San Diego, Calif., Oct. 25, 2007

Oil spill devastates the Kerch Strait

Environmentalists fear it could take over a decade to clean up the mess



By Leah Dyson
Staff Writer

On Sunday, Nov. 11, the effects of hurricane force winds were felt as a Russian tanker carrying tons of oil split in half. According to a BBC article dated Nov. 11, the Volganef-139 was anchored near the Kavkaz port when the stern tore apart in the Kerch Strait, between the Black Sea and the Sea of Azov.

The Kerch Strait, which separates Russia from Ukraine's Crimean Peninsula is a "key gateway for transporting fuel oil from the Caspian Sea onto tankers waiting in the Black Sea," said CNN on Nov. 12. Officials in this area reported 78 mile per hour winds and 20-foot waves at one point on Sunday.

The oil tanker's crew of thirteen was rescued, but twenty sailors remained missing from the four other ships that sank in Sunday's storm. Three of the ships were carrying several thousand tons of sulfur, and the fourth was carrying scrap metal. At least three sailors from one of the cargo ships carrying sulfur have been confirmed dead. A few dozen additional vessels were evacuated from Kavkaz, the Russian port, and a second oil tanker that developed a crack in its hull had to be monitored out of fear that another oil spill would occur.

The Volganef-139 was identified as being designed and built in the "Soviet era," and was not meant to withstand such strong storms. A Nov. 15 CNN article said that the oil spill was partially due to the Russian restrictions on oil transportation becoming more relaxed. Other

tankers, in addition to the Volganef-139, are old and do not receive proper maintenance. Many are "meant for use on rivers," and not intended for seas.

Although the sulfur spilled from the cargo ships would not "present an environmental danger," the freighters could leak fuel from their tanks, adding to the pollution, said CNN. The Volganef-139 had been carrying 1.3 million tons of oil, and environmentalists feared the leaking would only continue.

The environmentalist group Greenpeace called the incident an "environmental disaster," and expressed concern for marine life. The Governor of Russia's Krasnodar region, Alexander Tkachev, identified approximately 30,000 birds to have died, and an equal number to be covered in the spilled oil. The number of fish that had died was "impossible to tell," said Governor Tkachev, but this is expected to significantly affect the fishing industry of the region.

Environmentalists fear that the damage caused by the oil spill could last years and take over a decade to completely clean up. Seventy percent of the oil is expected to remain on the surface of the sea, but the rest will sink to the seabed, contaminating sea and marine life.

Nearly 2,000 workers have been called to assist with cleaning up the oil that had washed ashore, and almost 1,500 tons of oil-polluted products, like seaweed, has been collected already. Half the oil remains in the Kerch Strait, but much has already begun to spread.

Oleg Mitvol, deputy head of Russia's environmental regulator and member of the United Nations' International Panel for Sustainable Resource Management, called the sinking oil tanker a "serious disaster" that could take up to fifteen years to clean up. Vladimir Slivayak, spokesperson for Ecodefense in Moscow, also expected environmental consequences to last no less than a decade and called the oil spill an "ecological catastrophe."

Several days of storms continued and Aleksandr Davydenko, spokesperson for the federal agency for sea and inland water transport, reported that conditions in the Kerch Strait were worsening. This was making rescue and clean up efforts even more difficult, especially the collection of spilled oil.

The San Francisco Bay also experienced serious pollution with the spill of 58,000 gallons of oil from a "South Korea-bound container ship" on Nov. 7, said CNN. The ship struck the Bay Bridge in dense fog, and scientists expect wildlife to be affected for years. Questions arose because of the extended amount of time it took for the Coast Guard to report the severity of the accident, and the cause of the crash is still being investigated.

Despite the severity of these spills, they are still smaller than some recent years' oil spills. Thousands of miles of beaches along Spain, France, and Portugal coasts faced serious damage when 64,000 tons of fuel oil was leaked from a tanker in November 2002.

WEEKLY GLOBAL EDUCATION

American efforts hinder world hunger

By Stacie Manger
Staff Writer

We have all seen pictures of three-year-old children with bloated bellies. We have seen the pictures of older children who look like nothing but skin and bones. We have seen pictures of children with sad and hungry eyes. They are devastating to look at, but they are real. Millions of children are affected by world hunger globally every year.

Let us start off with humbling facts about world hunger. According to www.bread.org, a website for global hunger, "every day, almost 16,000 children die from hunger-related causes—one child every five seconds."

"Undernourishment negatively affects people's health, productivity, sense of hope and overall well-being. A lack of food can stunt growth, slow thinking, sap energy, hinder fetal development and contribute to mental retardation," the Web site said.

According to the Web site www.worldhunger.org, malnutrition is the absence of some or all nutritional elements needed for good health. The most severe and the most publicized is protein-energy malnutrition (PEM). It is also the most lethal form.

"Protein-energy malnutrition (PEM) affects every fourth child worldwide: 150 million (26.7 percent) are underweight while 182 million (32.5 percent) are stunted. Geographically, more than 70 percent of PEM children live in Asia, 26 percent in Africa and 4 percent in Latin America and the Caribbean. Their plight may well have begun even before birth with a malnourished mother," said the Web site.

So why is there such a problem? Is the problem that the world does not produce enough food? The answer is no. The world produces more than enough.

Some think that the solution to world hunger is by producing more

food or donating excess food to developing countries. This does not work. World hunger is a multi-dimensional phenomenon.

"World agriculture produces 17 percent more calories per person today than it did 30 years ago, despite a 70 percent population increase. This is enough to provide everyone in the world with at least 2,720 kilocalories (kcal) per person per day," worldhunger.org said.

The average, healthy adult consumes around 2,000 calories per day. Many adults and children in developed countries consume more, which has led to an obesity problem.

One of the main factors that contribute directly to world hunger is world poverty. They are, in most cases, directly correlated. It is not that there is no food; it is that the people cannot afford food.

There are millions of people around the world who live on less than \$1 a day. In a developed country, that can get you something off of the McDonald's dollar menu. But the impoverished do not get the option of fast food; these people worry every day if a meal is going to be on the table.

Food Aid has also had detrimental effects on developing countries, especially the economy and the farmers. Many developed countries give food to underdeveloped countries, but most of the food does not go directly to the starving. The governments sell it.

"Not only is much U.S. food exported unnecessary, but it results in great harm to the very people they profess to be helping. The United States exported over sixty million tons of grain in 1974. Only 3.3 million tons were for aid, and most of that did not reach the starving. For example, during the mid-1980s, 84 percent of U.S. agricultural exports to Latin America were given to the local governments to sell to the people. This undersold local producers, destroyed their

markets, and reduced their production," said J.W. Smith, quoted by the Web site www.globalissues.org.

When countries give food to developing countries, it undermines the local farmers. The farmers cannot sell the crops they have produced and therefore do not have money to live off of because they spent it on fertilizer and seed. Some even have to burn the excess crops in their fields. Because current policies actually harm countries with extreme poverty and hunger, progress has been little, if any.

One of the current technologies helping with malnourishment is Plumpynut. Plumpynut is the vitamin and mineral fortified peanut butter that is saving children who are deprived and on the brink of death. Plumpynut was developed by a nutritionist and it has the equivalent of a glass of milk and a multivitamin.

But Plumpynut cannot be relied on forever to solve world hunger. It too will need funding, but companies and organizations have to be willing to provide this funding. Something else must be done.

Another idea is world debt cancellation. Many developing countries owe a cumulative \$376 billion in debt. Activists claim that if patron countries cancelled the debt, the developing countries would be able to spend more on basic human needs like hunger.

Globalissues.org claims that it is wonderful that people want to help and the intentions are great. But the political policies are the ones that need to be changed. They are not benefiting developing countries, they are hindering development.

There are many world hunger organizations that can be found online. For more information on world hunger or to find out what you can do to help, visit: <http://www.worldhunger.org/> or <http://www.worldhungeryear.org/>



Internet photo

MYSTERY WORD OF THE WEEK SOUNDS LIKE: "murky sinner" LAST WEEK'S ANSWER: Tuition Raise

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EDITORIAL

The Flyer: Vol. 35 Issue 11

November 20, 2007

Overheard: What would you replace turkey with at Thanksgiving?

Photos and article by: Sarah Wright



"Crabs."

Bryan Gastelle - sophomore



"Turducken."

Beth Landry - senior



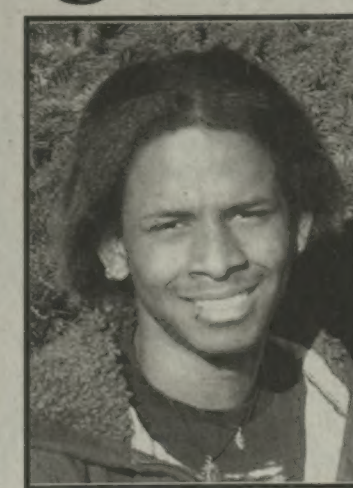
"Hot dogs."

Cheo DeMuers - sophomore



"Probably more stuffing. It's my favorite."

Donovan Maisel - sophomore



"Tofurkey."

Rob Cogdell - sophomore



"Ham."

Jackie Gause - freshman

The Flyer

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Editorial Policy: Letters are welcomed and encouraged. Please include your name, class and major. Faculty members, please include your department. All letters may be edited based on available space. The Flyer reserves the right to refrain from publishing any text. Deadline for submission is Wed. at 5 p.m. Please e-mail letters to flyer@salisbury.edu.

Letters to the Editor

Dear Editor:

Kudos to The Flyer and to staff writer Sara Sutton for bringing the recent acts of bias-related vandalism to light. Front and center was a worthy spot for such an incident.

It's unfortunate that the perpetrators of the vandalism did not consider the lasting effect of their actions. A fresh coat of paint doesn't cover the feeling of being a target for hate. Whether it shows up on the side of a van or smeared across the front doors of a residence hall, clearly

even today, several weeks after the fact, there are students who may not feel safe on their own campus, who question whom among them harbors such hatred and who might wonder where they can find the support they need.

If you are a student who has experienced any form of bias-related behavior please know that there are many, many staff members, faculty, offices and areas on campus where you can find the support you need and deserve. Offices such as Counseling Services, Student Health

Services, Multicultural Student Services, the Office of Housing and Residence Life and Student Affairs are but a few such safe-havens. In each of these places (and the myriad of others that I don't mention here for sake of brevity) you will find compassion, understanding and a commitment to an open and accepting Salisbury University community.

Respectfully submitted,
EJ. Boggio
Assistant Director for Residence Life

Dear Editor,

I picked up the November 6 issue of The Flyer, and as I flipped through the pages, I noticed the article "Whorish Costumes Lack Dignity."

"Finally," I thought to myself, happy to know that someone was calling attention to this problem. I started reading it, and I was agreeing the whole way, until I ran into a blatant example of careless stereotyping: Rachel Lopez writes: "I'm sure no guys are complaining about the out-

fits most females wear to parties, but why would they? What male would not want a girl walking around in a tight top and nothing more than their underwear?"

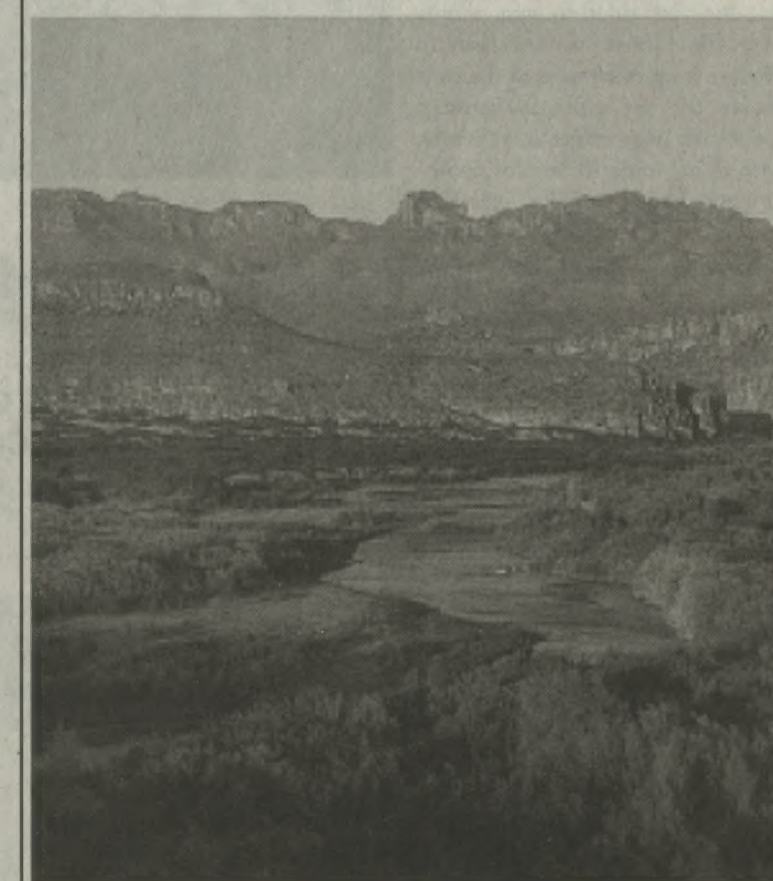
To answer Ms. Lopez's question, I am a male, and I have deliberately avoided Halloween parties in the past because I know that this sort of behavior is exhibited. I am also a Christian and seeing girls wearing these "costumes" sickens me. Though some may feel a sense of power in knowing that guys are watching them, in reality they are

degrading themselves and reinforcing a stereotype against women.

I found these comments against men to be stereotypical and offensive, as they portray all males to be shallow, sex-crazed voyeurs. I, for one, prefer a girl with a brain. Words, when used carelessly, can be devastating. Learn to use them wisely.

-Patrick McWilliams, Freshman

Proposal to widen Rio Grande as immigration deterrent unethical



Internet photo

By Rachel Lopez

Staff Writer

We all are fortunate to live in the "land of opportunity," or at least that's how those in other countries view America. For other countries and those who live in them, a lot of their dreams consist of coming to this land and being able to make a better life for themselves as well as those they love. This dream to escape other countries is one that many want to

achieve, no matter what the risks.

Over the last few years, the United States has seen a huge influx of Hispanic immigrants. These immigrants are striving for a better life, even if it means facing death. According to the 2000 census, 12.5 percent of the population is Hispanic. They are the most rapidly growing community and many of them came to this country as "illegals." It was recently reported that many Texan

mayors are opposed to building a fence along Mexico, but want to deepen and widen the Rio Grande River instead. They state that it will be a more efficient way of keeping immigrants out of the United States.

If you want something bad enough, you will fight for it. Hispanics over the years have risked death from dehydration and being killed by the U.S. government or their own government. What makes anyone think that more water will stop these people from reaching what they seem to believe is a place of endless opportunity? According to MSNBC, the river is known as the Rio Bravo, which translates into the "rough river." Undocumented Mexicans and Central Americans, known as "wetbacks," attempt to swim across it.

"A widened river would be a bigger deterrent to illegal immigration and the project does not send the wrong message to Mexico that the wall does," said Pat Ahumada, Brownsville Texas Mayor. No, it just states that we do not care if you die trying to get to us, just as long as you never make it. I find the entire situation a bit sickening. How can we, the free thinkers of the world, think it is okay to shut people out in such a sneaky and underhanded way? I hope the Texan mayors realize that if they were in the same situation they would do everything possible to make a better life for themselves. It just does not seem fair.

~SUDOKU~

The Rules of Sudoku

The classic Sudoku game involves a grid of 81 squares. The grid is divided into nine blocks, each containing nine squares.

The rules of the game are simple: each of the nine blocks has to contain all the numbers 1-9 within its squares. Each number can only appear once in a row, column or box.

The difficulty lies in that each vertical nine-square column, or horizontal nine-square line across, within the larger square, must also contain the numbers 1-9, without repetition or omission.

Every puzzle has just one correct solution. Good luck.

	1	5		7		8	6	
6								
7	3			4	8		1	
				1		7		
3	2						6	8
		9		8				
	6		4	3			9	7
								4
4	9		7			8	2	

Difficulty Rating: Medium

Solution to last week's puzzle:

4	7	1	8	9	6	2	5	3
6	5	8	1	2	3	9	7	4
9	3	2	5	7	4	8	6	1
1	2	4	6	3	7	5	9	8
8	6	3	2	5	9	1	4	7
7	9	5	4	8	1	6	3	2
5	1	6	3	4	2	7	8	9
3	8	9	7	1	5	4	2	6
2	4	7	9	6	8	3	1	5

Foreign Internet censorship, misuse an ongoing concern

By Jeremy Riffle
Staff Writer

Last Tuesday, Yahoo agreed to settle a lawsuit filed by the families of Shi Tao and Wang Xiaoning, two Chinese dissidents. The lawsuit involved actions the company had taken which violated the rights of Tao and Xiaoning. Yahoo gave information, such as e-mail and IP addresses, to the Chinese government, resulting in their ongoing incarceration of the two. The details of the settlement are unknown, other than the fact that Yahoo has agreed to pay legal fees and create a relief fund to aid dissidents. What is especially disappointing about the affair is that Yahoo is not the only Internet company to be criticized for disrespecting human rights when profits are concerned.

Since the Internet's emergence, issues of the proliferation of information and the broadening of discussion have concerned many countries. One of the most egregious violators of human rights on the Internet is Google. "Despite Google's motto of 'Don't Be Evil,' the company has routinely censored information for many of its search results in China. For example, when Google launched a Chinese version of Google News, the Web site omitted links to stories blocked by Chinese servers. Google passively cooperated by refusing to show even the headlines of blocked articles.

In 2005, Google's collaboration in censorship intensified. Google launched a censored version of its Chinese search engine. This search engine edits the results of thousands of keywords when in use. These keywords include "Tibetan independence," "freedom" and "democracy." The most outrageous aspect of this censorship is the fact that the list of keywords was not given to Google by the PRC; the list was created by Google personnel.

YouTube, a subsidiary of Google, has also participated in censorship. Last spring, YouTube was blocked in two countries after videos deemed "insulting" were posted on the Web site. Thailand took offense at a video mocking its King and Turkey condemned a video that alleged that Atatürk, the founder of Turkey, was a homosexual. YouTube, in order to be

permitted in both countries, agreed to remove any videos deemed offensive.

MySpace, desperate to be available to millions of potential new users, launched MySpace China earlier this year. Like Google, MySpace China employs filtering technology that prohibits discussion of politically sensitive subjects. Unfortunately, the site goes beyond censorship with the inclusion of a disturbing feature not present in any MySpace site in other countries: a button, with which users can report misconduct by other users. "Misconduct," as defined by the terms and conditions of the site, includes "endangering national security, leaking state secrets, subverting the government, undermining national unity, spreading rumors or disturbing the social order." In other words, MySpace China is encouraging Chinese citizens to act as informants against freedom of speech on the Internet.

Regrettably, Internet censorship occurs not only in authoritarian countries, but is also present in the United States. For example, in September 2006, Google Maps replaced images showing damage in New Orleans from Hurricane Katrina with images from pre-Katrina. Google also has blocked Internet content critical of Scientology from its search engine after the Church of Scientology threatened to sue for alleged copyright violations.

Despite the unfortunate tendency of Internet corporations to compromise rights and morality in exchange for profits, there has been partial progress in convincing some companies to behave in a more just manner. Unfortunately, it usually takes pressure from Congress to achieve any improvement. A week before Yahoo settled with the dissidents' families, its CEO was called before the House Foreign Affairs Committee, where the company was blasted for its behavior. In addition, Microsoft changed its online blog policies when summoned by Congress in 2006. Despite recent advancements in Internet rights, there are still many instances where this new frontier of speech is fenced in by those who would suppress freedoms. Internet corporations should not assist them by betraying expression.



Internet photo

Native American history repeats itself

By Kristen Manion
Amnesty International Intern

Just as it was over 100 years ago when the Indian Wars first began, violence against Native American women is widespread, and at times, very brutal. These women are 2.5 percent more likely to be victims of sexual violence than any other ethnic group, and in a country that champions human rights, this is a stain on our legacy.

This of course is just a continuation of the long history of violence against the indigenous population of the Americas. These modern cases of rape against native women are, by the accounts of survivors, mostly perpetrated by non-native males. This is only the tip of the iceberg of all the notorious human rights violations done against the Native American people since the first Europeans set foot on North American soil. Then as now, rape of native women was "a tool of conquest and colonization," according to an Amnesty International report.

"Native women are brutalized at an alarming rate, and the United States government, a purported champion of women's rights, is

unfortunately contributing to the problem," said Larry Cox, executive director of Amnesty International USA. Cox went on to say how "disgraceful that such abuse even exists today."

Many of the assaults occur in areas that are cut off from a decent hospital. Hospitals that are close to the region where the rapes are most prominent oftentimes do not even have all the standard equipment to assess that the violence was an actual rape. FBI statistics show that Alaska is the state with the highest number of rapes yearly, most against Native Inuit women, and that "one in three Native American women will be raped in their lifetimes."

Perpetrators find it incredibly easy to rape with impunity, oftentimes never being brought to trial. Meanwhile their victims are being shortchanged by never receiving either prompt response from legal authorities, physical examinations in hygienic environments, or even seeing their cases go to court, three things that are virtually guaranteed for other women in the United States.

To complicate things, if the rapes

Student votes of utmost importance in 2008



Internet photo

By Eric Bishop
Staff Writer

Although the presidential election is just a little less than a year away, I wanted to get an idea of how much college students paid attention to the candidates and if they planned on voting next fall. I asked a number of students different questions to find out where they stood on certain topics. Not surprisingly, I got several different responses to these issues.

As it turns out, college students are much like the rest of the population that's over 18 years old: some really care about the election and some couldn't care less. What it really comes down to is that certain people read a newspaper or watch the news every day and some can't name a single Democratic or Republican candidate. It doesn't mean that those who don't pay attention to these details are unintelligent, it just means that they choose to worry about other things.

Of the students I asked who were able to vote four years ago, about half of them actually voted. The majority claimed to have been registered to vote, but there were a few who weren't and didn't care to be. Excuses for not voting included being out of the state in which they were registered, not filling out an absentee ballot, forgetting to vote or just plain not caring. Aside from the few who were anti-politics, almost everyone I talked to said that they did plan on voting in the next presidential election.

In regards to the candidates, again, these were similar results that seemed to be split right down the middle. There was a range of students, varying from some who could name every candidate from both major parties and their platforms, to those who heard that Hillary Clinton was running. The

majority of students were in the middle of this spectrum, able to name a few presidential candidates, but were not really sure about the major ideas for which they stood.

I was most interested in the people who were not registered to vote and didn't care at all about politics. What I came to learn from these particular students is that they believe that following politics is a waste of time. More importantly, I learned that many students are too busy with their own lives to worry about which politician is big on gun control and who is pro-choice. To say that certain students are ignorant for not voting is wrong; they choose to be in the dark about this subject matter.

For those who choose not to vote, I say good for you. Unlike some people (my mom, a raging Democrat), I do not judge those who choose not to vote. You have your reasons and you have your own problems to worry about. Those who decide to vote, don't just vote based on your parents' beliefs; make your own decision. Actually pay attention to the candidates and formulate your own opinions. It's not a life-changing decision, but in some cases it is, an example being how long we've been at war because of a certain elected and re-elected official.

Although it may appear as if the presidential election is too far from now to be worrying about, now is the perfect time to pay attention. In the coming months, candidates are going to be laying it on thick in order to win people over. For those who decide to vote, it is up to us to pick the next leader of our glorious country. Let's just hope it's not someone who wants to go to war for another eight years.

Is this the end of Thirsty Thursdays?

By Rachel Vontobel
Staff Writer

We're seeing it happen at our school and in this city and now we shouldn't feel alone because it's happening everywhere else, sometimes worse. Administrators, police departments and even some teachers are taking steps towards destroying a college tradition that has been around for decades: Thirsty Thursday.

It's no secret to anyone that most college students drink, whether they are of age or not. There are a handful of colleges with students who don't consume alcohol at all because of their beliefs or religions. However, the majority enjoy a good weekend life that happens to start on Thursday. Recent studies conducted at the National Center on Addiction and Substance Abuse at Columbia University reported that approximately half of full-time students binge drink.

Many schools are now trying to take action by attempting to reduce college drinking by starting with Thursday. At the University of Iowa, they are adding more Friday classes in hopes of reducing the amount students drink on Thursday nights. Why are officials becoming so harsh all of the sudden? It's quite simple, actually. Universities see reports like the Princeton Review

ratings about college party school rankings and think it's going to affect the credibility of the school. Local governments and police departments see college drinking as a money maker, benefiting from revenues made on citations. Those who have been issued an alcohol citation in Salisbury already know that there are several fees involved.

In my experience, almost everyone I know who partakes in Thirsty Thursday is still present, physically and mentally, for all of their Friday classes, regardless of the time. You are led to believe in high school that when you enter college you truly start to become an adult. It is your first opportunity to prove to yourself and your parents that you can take care of yourself. At this point in life, you should have the ability to make your own decisions, and this includes whether to drink or not.



Internet photo

Classifieds

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The Flyer: Vol. 35 Issue 11

Fad diets endanger health nuts

By Katie Murphy
Staff Writer

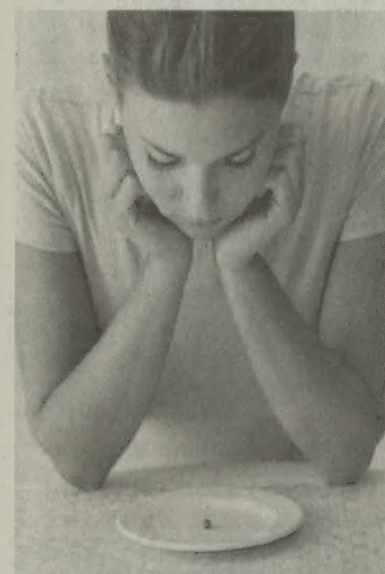
Any diet that claims you can lose weight without lowering calories or increasing exercise is not safe and is only a short term fix.

The most dangerous weight loss program today is the Atkins diet. This plan recommends unlimited amounts of meat, butter and eggs. All of these foods cause an increase in cholesterol which can lead to hypertension or a heart attack. This diet is based on the idea that over weight people eat too many carbohydrates. It puts your body into a state of ketosis, which means it burns its own fat for fuel. The Atkins diet is not safe because it does not allow for the intake of many essential nutrients along with making it close to impossible to exercise due to lack of energy.

The new and popular liquid diet claims to cleanse the body of impurities. By only drinking clear liquids, this allows the bowels to be flushed out. This diet plan is only recommended to be done by surgery patients and the extremely obese. This strategy is not safe or effective because it does not give the dieter the skills needed to keep off the weight or change their lifestyle. This diet makes it impossible to intake essential vitamins, proteins, fibers and other nutrients which are needed for optimal health.

The South Beach Diet claims that you can lose eight to thirteen pounds in the first two weeks! Experts have determined that steady weight loss of up to two pounds a week is the safest way to get rid of extra weight and keep it off. This diet focuses on the balance between carbs and fats. It has strict restrictions on foods that can be eaten, which is a sign of a poor diet plan. Absolutely no sweets can be eaten in any phase. The South Beach diet is more safe and effective than most diets but is still not wonderful since it places restrictions on food choices.

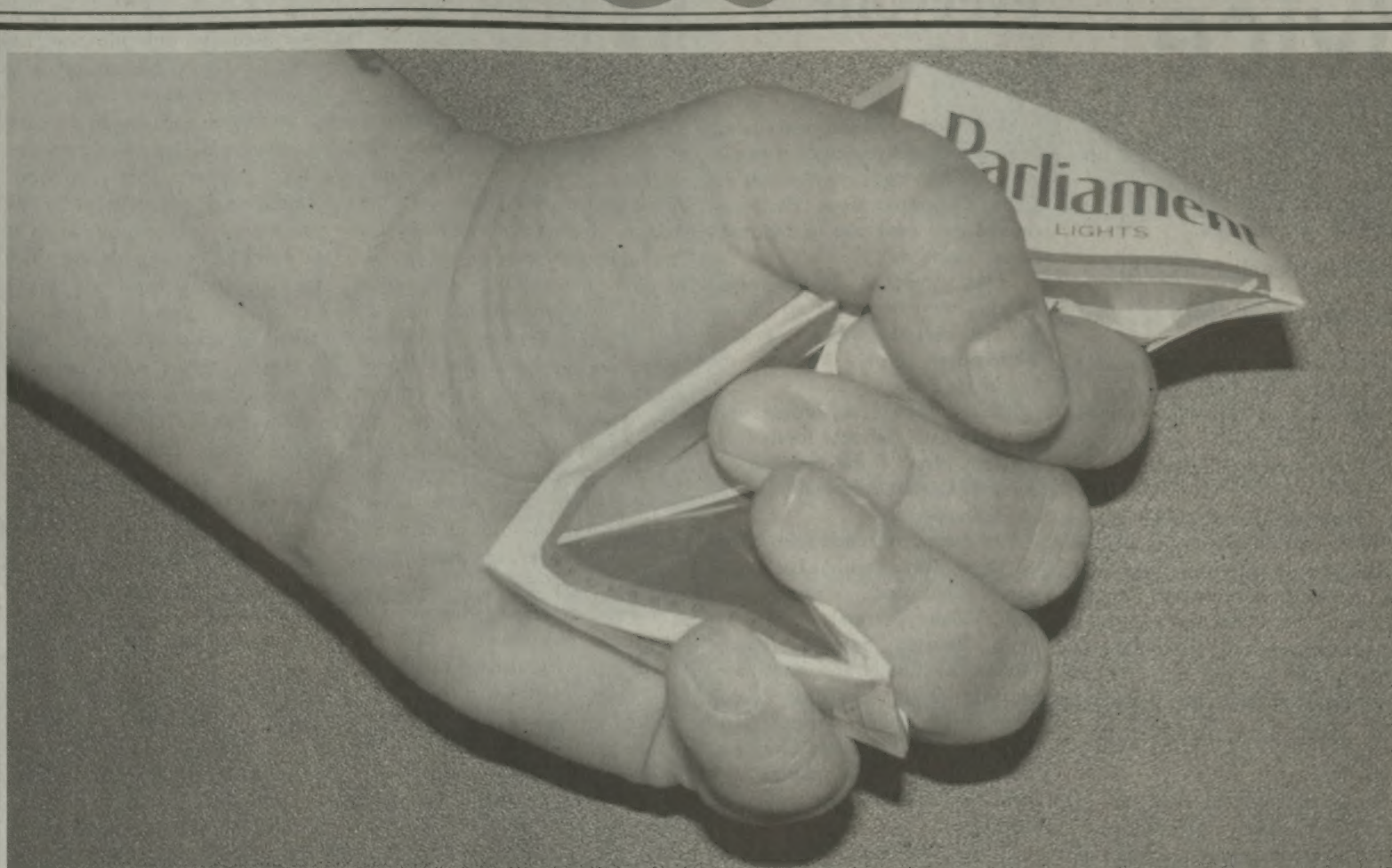
The only way to effectively lose weight is through eating a wide range of foods in moderation and exercising.



Internet photo

LIFE & STYLE

November 20, 2007



Sarah Wright photo

An SU student crushes a box of cigarettes to symbolize her commitment to quit smoking. According to the Center for Disease Control and Prevention, smoking harms nearly every organ of the body; causing many diseases and reducing the health of smokers in general.

SU celebrates Great American Smokeout

By Kathleen Kasik
Staff Writer

Nov 15 marked the 31st annual Great American Smokeout and Salisbury is doing its part to make it a success year long. The Smokeout is held in the United States to encourage Americans to quit tobacco smoking and raise awareness of the many effective ways to quit for good. In the United States, local volunteers support quitters, publicize the event and press for laws that control tobacco use and discourage teenagers from starting to smoke. The Great American Smokeout is held the third Thursday in Nov.

The Smokeout was first held in 1977 and is sponsored by the American Cancer Society. The idea derived from Arthur P. Mullaney who suggested people give up cigarettes for a day and donate money to a local high school that would have been spent on cigarettes. Lynn R. Smith, editor of the Monicello Times in Minnesota, organized the state's first Don't Smoke Day, also known as D-Day. The idea spread, and on Nov 18, 1976, the California Division of the American Cancer Society effectively prompted nearly one million smokers to quit for one day. The American Cancer Society took the event nationwide in 1977.

More than 45.8 million Americans smoke and smoking is responsible for 1 in 3 cancer deaths and 1 in 5 deaths from all causes. Each year, the Great American Smokeout also draws attention to the deaths and chronic diseases caused by smoking. In the 1990s, state and local governments responded by banning smoking in the workplace and restaurants, raising taxes on cigarettes, limiting advertising and discouraging teen cigarette use. These state laws have lower smoking rates and fewer people dying of lung cancer.

The expanding company will grant two \$10,000 scholarships each year for Perdue School students with a grade point average of at least 3.3. The scholarship can be extended as students renew them for up to \$5,000 during their senior years. "We are looking for students that are goal-oriented, honest and ethical, strive to always do their best, will bring creative approaches and are willing to give of themselves to the community and their team," said Doug Potvin, Senior VP of Operations at Trinity.

Erin Matonak, a junior majoring in marketing, earned the first scholarship this semester. "I was incredibly surprised when I found out I was chosen for the program, surprised and extremely happy. I really didn't think I was going to be the one to receive the scholarship/internship opportunity," Matonak said.

Perdue School representatives and Trinity will choose the students to receive the annual scholarships. The recipients will intern at Trinity throughout their junior and sometimes senior years.

"While we value grades, we are

Salisbury University has been involved in the Great American Smokeout for the past fifteen years. The University's Health Services is dedicated to helping college students quit smoking before they leave college so that they will not become lifelong smokers. More than 33 percent of college students smoke. Health Services offers a nicotine patch and the oral pill, Chantrix, for a low cost of only \$10. This low price for otherwise costly aids was made possible by a grant through the State of Maryland. "We recommend students set a 'quit date' to wean themselves slowly off cigarettes," said Jennifer Berkman, Administrative Director of Student Health Services. Health Services also offers individual counseling to students since every student's needs are different. "Having a support person is important when trying to quit

smoking. If you can fight the urge to not smoke for 20 minutes by going for a walk or listening to music, the urge will go away," Berkman said.

Other student organizations are involved in the Great American Smokeout, including Colleges Against Cancer, who also participated in Breast Cancer Awareness and Education and Residence Life. Students have had tables set up around campus to promote the event and raise awareness. The Student Government Association has also recently mandated smoking regions at least 30 feet away from any building, to promote health and wellness in the campus community. The past 30 years have seen tremendous strides in changing attitudes in smoking, in understanding the addiction and in learning how to help people to quit.

Money is the issue and Ed Mascia, owner of a 1937 Custom Ford Pick-Up/hot rod, knows all about it since he spent \$65,000 on his pride and joy. The Ford custom has a vivid, glistening yellow coat of paint called gold pearl metallic. "It's got a '96 Corvette engine that I love to cruise around in with my wife," Mascia said.

Both Foster and Mascia enjoy their vehicles to the fullest, which is why all show cars and trucks are built.

"I love working there. If I ever need help with anything, there is no hesitation from anyone I ask. They have a great corporate culture and a warm, wonderful environment," Matonak said.

As a marketing intern, Matonak is responsible for research, promotions and developing transitional strategies for the year ahead.

"I really enjoy working at Trinity and if the opportunity arises, I could definitely see myself working for their marketing department in the future," Matonak said.

"While we value grades, we are



Telecia Taylor photo

Darlene Alexander and the "Let's Make Cancer Extinct" Dinosaur from Women Supporting Women come out to celebrate Dodgeball for Boobies.

Leslie Pusey photo

CADR 490 students Nichole Barrett and Bryan Lim celebrate Dr. Arun Gandhi's lecture at the VIP reception last Monday night.

Four to the Floor

O.C. hosts first Ultimate Muscle Car and Truck Show

By Michael Vince
Staff Writer

All was silent in the Ocean City convention center where monstrous machines lied in a state of slumber awaiting a flip of a toggle switch or turn of a key so the beasts may loudly awaken with the thunderous roar and rumble of unbridled power.

The first annual Ultimate Muscle Car and Truck Show held Saturday, Nov. 10 through Sunday, Nov. 11, brought in a variety of show stoppers, hot rods, big rigs, rubber burners and builds in progress. There was a taste for every automotive aficionado to enjoy.

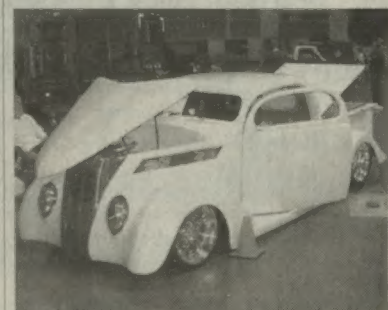
Ian Foster, owner of a 1967 Shelby Cobra replica, has a history of possessing a few exciting cars; starting with a 1967 Shelby GT 350 convertible clone. Foster enjoyed the drop top speed demon until he sold it to a friend. "It was ok that I sold the clone because I really wanted a real one anyhow, just couldn't afford one," Foster said while rationalizing his loss. "Soon after I sold the Shelby I bought a '55 T-Bird with both tops." The Thunderbird was fully restored and worth a pretty penny.

However, Foster had his heart set on a 1967 Shelby Cobra; to many it is a priceless roadster, but on the market the Cobra sells for around \$500,000.

Foster was not able to come up with half a million for the original, but did have \$52,000 to spend on a replica, a red one with white racing stripes, side exhaust, and 351 Cleveland V-8. "The next step is to get the replica 427 motor, but I will need to save some money," Foster said.

Money is the issue and Ed Mascia, owner of a 1937 Custom Ford Pick-Up/hot rod, knows all about it since he spent \$65,000 on his pride and joy. The Ford custom has a vivid, glistening yellow coat of paint called gold pearl metallic. "It's got a '96 Corvette engine that I love to cruise around in with my wife," Mascia said.

Both Foster and Mascia enjoy their vehicles to the fullest, which is why all show cars and trucks are built.



Mike Vince photo

Hot rods, big rigs and rubber burners, vie for attention at the first annual Muscle Car and Truck Show in O.C.

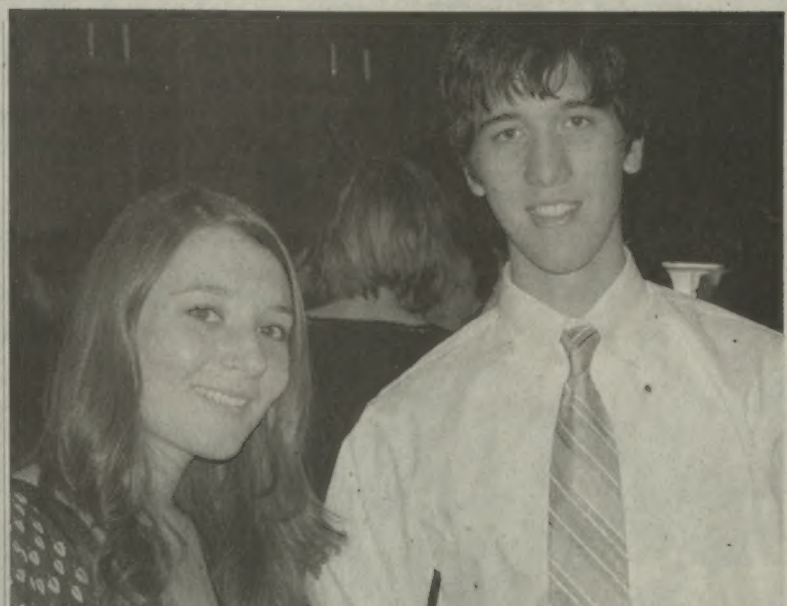
From the photo bank: What's happening on campus



Candace Whitlow, an aide for Student Health Services, sets up a display on date rape in Red Square.



Leslie Pusey photo



Leslie Pusey photo



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Q. I read your past last time about finding a job that I'd like versus one that would pay good money and I'm not sure I can completely agree with it. I don't know that the job will always be the first one you like and that it possibly would take some time to really find what you want to do in life. But in the case that I do know what I want to do, say for example, become a counselor, how do I know if I can make lots of money?

A. It was not my intention to imply that your first job will be the one you love when getting out of college. In fact, depending on your major, your first job (or first couple) will probably not be exactly what you want to do. However, the time working at jobs that aren't particularly what you want, but do deal with your degree, are important. This allows you to build up skills, because in the work force sometimes higher end jobs require a few years of experience. Some jobs just need a person to jump right into position and is expected to hit the ground running. That means they would have needed to know much background of the position with the experience to back it up and benefit the company.

It's not always easy when trying to find that job you like because you may not even truly know until later in life. Usually people have a good idea when growing up, but their passion for something could change if shown new opportunities. Events in life inspire people to do something differently than what they originally had planned. What I also meant to say about the point in finding a job you like is that you don't want to feel like you limited yourself for any reason. For example, if you knew you could be much more, but you only decided to use a fraction of that, you might regret later in life that you should have gone that extra mile. And by that time, it's hard to go back and do the extra mile because life gets in the way. This could also be another reason why people switch their careers later in life, because they know the potential that they hold. Of course there are many different factors in why one would switch careers.

To your question about making a whole lot of money while you are a counselor, there are some things you'll want to consider. First is being realistic. When it comes to deciding on careers, you can't just mix and match salaries. Researching on where the career starts off in salaries is something you may want to consider. Depending on the job, they could cap out or may be limitless. What I mean by this is that a job could have a set salary, maybe a few raises, but nothing along the lines of a huge change in salary. Or a job may have a starting salary where you could build, build and build over the years and so does the increase in salary. Sometimes jobs may require you to move up in position but still could be dealing with the main focus. An example based off of yours: if you were a counselor for years and given the opportunity to become a head counselor or a manager of counselors in a region for a company. The focus might change like you used to counsel troubled teenagers, given the change in jobs, and now you counsel the counselors on how to handle the troubled teenagers. But I digress; the point is that sometimes it would take time or an upgrade in the job for you to see results in a salary change. Understanding where you start off will help when deciding on how you want to distribute your money. For example, location and cost of living compared with what would the job's income and what you can afford.

Advice of the week:

Sometimes it helps to pay attention to those generic emails that you always just delete. You never know what could actually be in them that could benefit you. There could be deadlines that you need to meet or information on financial aid. Deadlines are pretty serious depending on what it is because once the deadline has passed, that's it. For example, what if you needed to turn in a form for graduation or turning in a timesheet so that you'll get paid? Email is probably the best way for people to get and give information. Another thing that could be associated with the emails is the campus bulletin. Sometimes people will post what they have to sell, looking for roommates, and so on. Just opening up the email and reading a little on what's inside only takes a few more moments rather than you just deleting it and it could benefit you in the long run.

Weekly Greek News

Sigma Alpha Epsilon adopts local highway

By Lindsey Dickinson
Staff Writer

Next time you are driving home or going east on Route 50, be sure to look out for a cleaner and better highway, thanks to members of the Greek community.

On Sunday, Nov. 4 Sigma Alpha Epsilon (SAE) and Zeta Tau Alpha (ZTA) joined together in an effort to clean a one mile stretch of Route 50. SAE officially adopted this section of the highway and this was their first time going out to start improving the road.

About 20 men from SAE and 21 women from ZTA came together to collect trash and debris around Route 50's median and hills. The group worked hard from 11 a.m. to 1:30 p.m. to better the highway that many members of the Salisbury community frequently use.

"I thought it was great that we joined with SAE on this project," said Jaime

Somers, a sister of Zeta Tau Alpha. "It was so nice of them to adopt part of the highway, and we wanted to help out as much as possible so we decided to join them for a few hours to collect the trash around Route 50."

The two Greek organizations divided into three groups and collected more than 19 bags of garbage throughout the day. The brothers of SAE will continue to maintain their part of the highway for months to come.

"It was definitely a success," said Jonathan Lonsdale, a brother of SAE. "More activities for helping the community together are in the making."

SAE decided to adopt this stretch of highway because they wanted to work with a piece of highway that members of the Salisbury community as well as students from Salisbury University would appreciate.

"I always love this stretch of my drive coming to school," said Jennifer Hackett, a sister of ZTA.



Photo courtesy of Sigma Alpha Epsilon

Thanksgiving dinners for everyone

By Karis King
Staff Writer

SU students and the surrounding community were presented with two pre-Thanksgiving feasts through the University this past week. Each feast offered their own take of the traditional "turkey day."

"An American Thanksgiving," offering an assortment of dishes from all over the nation, was held Wednesday, Nov. 14 in the Commons Bistro.

"We feel it is a great learning experience to have different foods from different parts of the country," said Anthony Cerulli, Associate Director of Dining Services.

The menu integrated such dishes as: Roast Turkey with Chardonnay gravy (California), Virginia Ham with Vidalia Marmalade (South), Herb Roasted Salmon (Pacific Northwest), Oyster and Mushroom Stuffing (New England), Cajun Sweet Potato Praline Casserole (New Orleans), and Tennessee Jam Cake (South), served to the tune of local hammered dulcimer performer Ray Emmons.

"[The American Thanksgiving] went really well. In addition to the students, we had a lot of the community, faculty, and staff come in," Cerulli said.

SU's Vegetarian Student Association (VSA) offered up a vegetarian alternative at their second annual "Compassionate Thanksgiving Dinner," Saturday, Nov. 17 at the Unitarian Universalist Fellowship Hall. The dinner was free, however, with donations from the community they were able to surpass their goal of \$375 for the event.

"Our main objective was two-fold. We know there's a vegetarian community in Salisbury, but it's very fragmented and isolated. The group also wanted to take on a humanitarian effort this Thanksgiving by making the event free and open to the public. We would like to provide a meal for the less fortunate that doesn't involve a dead bird as the centerpiece," said Chris Wood, VSA president.

The menu was 100 percent vegan and prepared by the club members. The dinner included a Tofu Roast with Mushroom Gravy, Golden Squash Soup, Broccoli Cauliflower Bisque, Green Bean Casserole, Pumpkin Cheesecake and Sweet Potato Pie.

"We really wanted to show that you can have a Thanksgiving meal without having meat, and have it actually taste good, too," Wood said. "We're hoping to show that not only is it healthier, it's actually cheaper and less time consuming than a typical Thanksgiving meal. We ended up spending an average of \$5 per person on this meal."

Visit www.SUVSA.org for recipes or further information about this event.



Sarah Wright photo
Students enjoy a Thanksgiving dinner in the Commons.

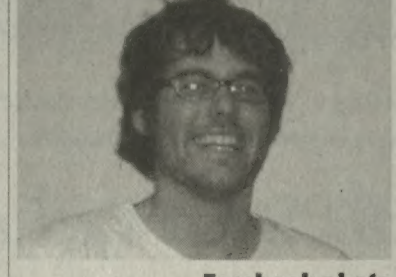
People making a difference: Zachary Haney

By Christina Barry
Staff Writer

Zachary Haney is committed to the cause of Amnesty International, an organization that fights for human rights all over the world. According to the AI Web site, the mission of Amnesty International is "to undertake research and action focused on preventing and ending grave abuses of the rights to physical and mental integrity, freedom of conscience and expression and freedom from discrimination, within the context of its work to promote all human rights."

Since his sophomore year, student Zachary Haney, now a senior, has taken on the responsibility as president of Amnesty International at Salisbury University. "Our main job is to protect human rights through education," Haney said.

Haney, also associated in numerous clubs such as the Honors Student Association, SAGE (Salisbury Activists for Gender Equality), Phi Gamma Mu (Social Sciences Honor Society) and ECI



Facebook photo
Zachary Haney, president of SU's Amnesty International

Club Spotlight

Future Film Makers

Samantha Glaeser
Staff Writer

In an effort to promote film making within the Salisbury University community and the Salisbury area, the Future Film Maker's Club was created. It is a place where students interested in film can meet, exchange ideas and collaborate on film projects together.

This club is a "year new" and is continually improving with more creative and daring projects each semester. Co-founded by Dylan Hintz and James Howe, it was sanctioned by the SGA in Fall 2006. "Dylan described his vision to me and asked if I would be the advisor," said Dr. Michael Moeder, faculty advisor. "Impressed with the amount of work he had already done in writing a charter for the club, as well as his enthusiasm for it, I agreed."

Hintz, president, and Matt Horst, vice president, have at least ten active members on the FFMC crew. Each of them has created characters for the club's short films that are produced each semester. "These people are all creative and have a passion for doing things outside of the box," Hintz said. "Film is not something you can do on your own. Film is people!"

"The members have been highly motivated and have done a great job



Telecia Taylor photo
The Film Club holds open meetings every Thursday at 4 p.m. in Fireside

of organizing their activities and events," Moeder said. The crew has already created two other short films since they started last year and they will keep producing more.

This semester, the club is working on a new project, Spy Wars III: When Then is Now. "It is a completely wacky teaser and trailer that falls into 'spoof' territory," Hintz said. For those that would like to see chase scenes, shoots out, costumes made out of duct tape and a seven foot rocket launcher made out of PVC pipe, tune into the group's Facebook page for the unveiling. Look for further details on their next event as well, a screening of works on Saturday, Dec. 1.

The FFMC holds open meetings every Thursday at 4 p.m. in the Fireside Lounge. For those that are interested in watching or making films, contact Hintz or Dr. Moeder.

How do international students spend the holidays?

By Kathleen Fitzpatrick
Staff Writer

Thanksgiving break is fast approaching. American students will be packing up their bags to go home for five days to celebrate the Thanksgiving holiday with their families while enjoying that delicious holiday menu of turkey, mashed potatoes, stuffing, ham, and pumpkin pie.

But what if you are from a different country? Some of the 60 international students that attend Salisbury University face the problem of where they will spend the holidays. Since they most likely will not be traveling home for five days, international students need to find other places to spend school breaks.

International Students from over 40 different countries such as Nigeria, Poland, Ecuador, Peru, Japan, Russia, Lithuania, Slovakia, Nepal and India choose to study at Salisbury University. Additionally, students from France, Germany and China come to SU to learn as the University has an agreement with those countries.

"During holiday breaks, I go home and spend some time with my family," said Floriana Echeverria, a senior at Salisbury University of Costa Rican descent. "We do not do anything for Thanksgiving, but we do celebrate Christmas."

A host family isn't very common for international students studying at the University. Often times it's not necessary. Once they've attended the University for a while, international students have friends that they can spend the holidays with. But in the few, uncommon cases where a student has no family or friends they can spend the break with, Agata Liszkowska steps in and helps them find a place to stay.

"A lot of students have friends and family from the area," said Liszkowska, International Student Advisor. "If they don't have a place to go, we try to find them one."

During the Christmas holiday, more international students end up going home. "It's a longer break so students are able to go home," Liszkowska said. "A lot of students who live in Europe go home. A lot of students also like to travel, so they'll take off to visit somewhere."

Most American students get homesick with being just a few hours away, and look forward to going home for a weekend or for the holidays. International students aren't offered that luxury, and have to find ways to spend their breaks until they can once again go home to visit their families.



Sarah Wright photo
The Link of Nations displays flags from various countries.

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SU athletics prepare for winter 2008 season

By Ben Muell
Staff Writer

In honor of the swimmers who have been in the water for a couple of weeks, and the basketball players who are just now hitting the courts, we take a look at the upcoming winter sports season.

This season marks the eighth year that the Salisbury men's basketball team has been lead under the direction of coach Steve Holmes. Holmes will rely on team captains Jonas Vaitkus, from Columbia, MD and Gary Ward, from Poolesville, MD to provide leadership for a young and inexperienced team. Rounding out the starting five will be Todd Ostrom, Greg Palmer, and Sean Whittaker. Although this year's team has a lot of interchangeable parts, the line up will evolve based on the play of guys fighting for spots. Before the season started, the Gulls sat down and decided on some team goals, first and foremost accomplishing a team GPA of 3.0. The team also would like to have a home game during the CAC tournament, to win the CAC regular season, win the CAC tournament, and advance in the NCAA Tournament.

The men's team currently sits at 1-1 0-0 CAC. They will play at home against Goucher this Tuesday at 7 p.m. as part of the Pride of Maryland Tournament.

This years women's basketball will be lead under new direction



Brian McMullen photo

from first year Coach Charisse Mapp, who replaces former coach Bridget Benshetler. Coach Mapp comes to Salisbury from Princeton University where she served as an assistant coach. This is Mapp's

first head coaching position and first experience in Division III. Luckily she can rely on her vast knowledge and experience from the Division I level, where she held assistant coaching position at

several different women's programs including a five year stint at North Carolina State.

The women's basketball team who went 15-11 overall and 8-6 in the CAC last season want "to

improve everyday. In both small steps and by leaps and bounds." According to coach Mapp, the women's squad will be looking forward to every game this year as an opportunity to compete. Mapp

stressed that "everyone in uniform will contribute either in games or in practice in order to improve as a team." Mapp continued saying the team has lots of "energy, and effort. These players want to learn, they want to be held to a high standard."

The Lady Gulls, currently 0-2 0-0 CAC, will take on Virginia Wesleyan this Tuesday at home at 5 p.m.

With this year's swimming season already underway the men's team holds a record of 2-3 2-1 CAC while the women's record stands at 1-4 1-2 CAC. For this years swim team everything will be a team effort, leading the effort will be the teams six seniors. Two from the women's squad Caitlin McGing and Erin Smith, and four from the men's side Matt Anderson, Cole Mangum, Christopher McGaunn, and Ross Spangler. The team has made it their goal to place third or better in the CAC, and will also look to break some records specifically in the 400 meter medley relays. The team will have to depend on their versatility as the strength to get them where they want to be. The added depth of this years women's team will also help to improve upon last year performance.

Key meets will come on Dec. 1 in York, PA as the Sea Gulls take on both Goucher and York, and later on in January at St. Mary's.

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- Men's Basketball vs. Goucher The Pride of Maryland Tournament 7 p.m. - Women's Basketball vs. Virginia Wesleyan 5 p.m.					- Men's Basketball @ John's Hopkins The Pride of Maryland Tournament TBA.	- Men's Basketball @ John's Hopkins The Pride of Maryland Tournament TBA.